

Faizghar Lecture Series (Presentation # 22)

Food Drug Interaction-2



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on behalf of **Faiz Foundation,**
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Quick Review of Last Lecture?

- **Food-Drug Interaction** is the effect of a medication on nutritional status & vice-versa
- Some drugs require **acidic medium** while some **alkaline** to show optimum efficacy. Only food ensures **altering pH value** in the digestive tract medium
- **Patient at risk** are who (1) have chronic diseases (2) elderly (3) fetus (4) infants (5) pregnant woman (6) malnourished, and (7) who have allergies or intolerances
- Taking medicines with **orange or cranberry juice** can reduce stomach pH and increase absorption
- **Grapefruit/juice** inhibits the intestinal metabolism
- High protein, low CHO diet can **enhance clearance of drugs**



Reasons of Changed Drug Action

Drug Features

1. Kind of medicine
2. Shape (tablet, syrup)
3. Dose in 24 hrs
4. Site of infusion (mouth, vein, skin, tube)

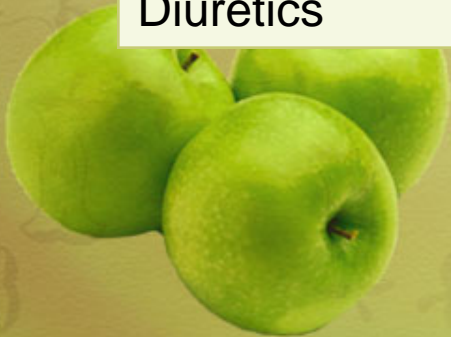
Patient Features

1. Age
2. Sex
3. Medical history
4. Body type (slim, obese)
5. Nutritional status (malnourished, over-eater)
6. State of mind (tense, relaxed)



Some Interactions

Drug	With	Impact on Body	What to Do?
Analgesic	Alcohol	Toxic liver	Avoid alcohol
Antibiotics	Dairy products	Slow absorption	Avoid milk
Anti-convulsion	Alcohol, Vit C	Dozing	Avoid alcohol
Anti-fungal	High fat foods	Rapid absorption	Reduce fatty foods
Anti-histamine	Alcohol	Dozing, sleepy	Avoid alcohol
Anti-hyper lepemic	All food	Rapid absorption	Take with food
Anti-hypertensive	Grape fruit juice	Rapid absorption	Avoid grapefruit
Anti-inflammatory	Alcohol	Liver failure	Take with milk
Diuretics	All foods	Soothes stomach	Take with food



Thanks a Lot

